

Weekly Cafe Specials
Week 1

Sunday 19-Jul	Monday 20-Jul	Tuesday 21-Jul	Wednesday 22-Jul	Thursday 23-Jul	Friday 24-Jul	Saturday 25-Jul
Daily Soups						
Chicken and Wild Rice Allergens: allium, dairy	Lentil Allergens: allium	Miso Soup Allergens: soy, allium, fish, gluten	Tomato Florentine Allergens: Allium, Gluten	Minestrone Allergens: Allium, Gluten, Dairy	Seafood Chowder Allergens: Fish, Shellfish, Dairy, Allium	
Vegetable Barley Allergens: gluten, allium	Chicken Noodle Allergens: allium, gluten	Roasted Red Pepper Allergens: Allium	Carrot Ginger Allergens: Allium	Hot & Sour Allergens: soy, egg, allium, sesame	Chicken Poblano Allergens: Dairy, Allium	
Daily Salads						
	Summer Cobb Allergens: allium, dairy, egg, nuts	Tangy Lentil with Turkey Allergens: allium, sesame	Spring Spinach w/ Chicken Allergens: allium, nuts, dairy	Sunshine Salad with Turkey Allergens: Nut, Allium, Dairy	Chinese Chicken Salad Allergens: soy, sesame, allium, gluten	
	Summer Veggie Cobb Allergens: allium, egg, dairy, nuts	Tangy Vegetarian Lentil Allergens: allium, sesame	Spring Spinach Allergens: allium, nuts, dairy	Sunshine Salad with Herbed Tofu Allergens: nut, allium, dairy, soy	Chinese Tofu Salad Allergens: soy, sesame, allium, gluten	
Lunch Specials						
Ham and Cheese Quiche \$4.20 Allergens: Gluten, Egg, Dairy, Soy, Allium	Kung Pao Chicken Bowl \$7.60 Marinated Chicken Thigh Spicy Kung Pao Sauce Onions/Peppers Squash Roasted Peanuts Jasmine Rice Allergens: Peanuts, Allium, Sesame, Soy	Classic Meatball Sub \$6.60 Hoagie Roll Pork and Beef Meatballs Marinara Provolone Allergens: Gluten, Dairy, Allium	Chicken Bibimbap Bowl \$7.60 Gochujang Marinated Chicken Rice Noodles Pickled Cucumber Marinated Shitake Carrot Charred Scallion Hard Boiled Egg Allergens: Soy, Sesame, Allium, Egg	Mediterranean Turkey Quinoa Bowl \$6.60 White Quinoa Turkey Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy	Carne Asada Burrito \$6.60 Flour Tortilla Carne Asada Spanish Rice Pinto Beans Corn Salsa Queso Fresco Avocado Crema Allergens: Gluten, Allium, Dairy	
Chicken Tamale \$3.60 Allergens: Corn, Soy, Allium, Dairy	Kung Pao Shrimp Bowl \$7.60 Seared Shrimp Spicy Kung Pao Sauce Onions/Peppers Squash Roasted Peanuts Jasmine Rice Allergens: Peanuts, Allium, Sesame, Soy, Shellfish	Salmon Puttanesca \$7.20 Roasted Salmon Puttanesca Sauce (tomatoes, olives, capers, anchovies) Allergens: Fish, Allium	Tofu Bibimbap Bowl \$7.20 Gochujang Marinated Tofu Rice Noodles Pickled Cucumber Marinated Shitake Carrot Charred Scallion Hard Boiled Egg Allergens: Soy, Sesame, Allium, Egg	Mediterranean Chickpea Quinoa Bowl \$6.00 White Quinoa Roasted Chickpeas Cucumber/Tomato Salad Yogurt Sauce Feta Cheese Allergens: Allium, Dairy, Soy	Mushroom Pastor Burrito \$6.60 Flour Tortilla Portabella Pastor Spanish Rice Pinto Beans Corn Salsa Queso Fresco Avocado Crema Allergens: Gluten, Allium, Dairy	
Lunch Veg of the Day						
Veggie of the day Allergens: Allium, Dairy	Rich's Green Beans Allergens: Soy, Sesame, Gluten, Allium	Roasted Veggies Allergens: Allium	Charred Broccoli Allergens: Allium	Cauliflower Allergens: Allium	Southwest Coleslaw Allergens: Soy, Egg, Allium	
Lunch Starch of the Day						
Spanish Rice Allergens: Allium	Jasmine Rice Allergens: N/A	Orzo Salad Allergens: Gluten, Allium	Umami Fries Allergens: Soy, Sesame, Allium	Quinoa Allergens: N/A	Spanish Rice Allergens: Dairy, Allium	
Dinner Specials						
Turkey Sloppy Joe \$6.00 Hamburger Bun Allergens: Allium, Gluten	Tyler's Braised Chicken \$5.95 Allergens: Allium	Macaroni and Cheese \$4.20 Allergens: Dairy, Gluten, Soy	Chef's Choice	Braised Pork Chop \$5.95 Allergens: Allium	Salisbury Steak \$4.50 Allergens: Soy, Gluten, Anchovy, Allium	
Chef's Choice	Mahi Mahi w/ Tropical Salsa \$7.20 Tropical Salsa (Allium) Allergens: Fish, Allium	Chicken Curry w/ Brown Rice \$6.60 Brown Rice (Allium) Allergens: Nut, Soy, Allium, Sesame	Chef's Choice	Vegetarian Chili \$4.80 Cheddar Corn Bread (Gluten, Dairy, Soy, Egg) Allergens: Allium	Chef's Choice	
Dinner Veg of the Day						
Zucchini Allergens: Dairy	Green Beans Allergens: Dairy			Peas Allergens: Dairy	Carrots Allergens: Dairy	
Dinner Starch of the Day						
	Egg Noodles (Allergens: Egg, Gluten) Or Ginger Quinoa (Allergens: n/a)	Brown Rice Allergens: Allium		Cheesy Polenta Allergens: Dairy	Mash Potatoes (Allergens: Dairy) & Gravy (Allergens: Gluten, Soy, Dairy)	